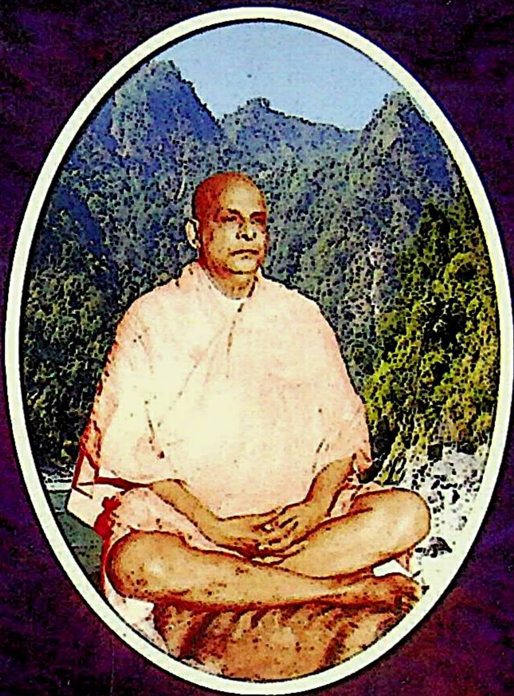
PRAYERS & SADHANA



Swami Sivananda

THE DIVINE LIFE SOCIETY PUBLICATION



PRAYERS AND SADHANA

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PUBLISHERS' NOTE

We are happy to offer this helpful booklet, *Prayers and Sadhana*, that includes the heart of Gurudev Sri Swami Sivanandaji's teachings as well as all the morning prayers and the National Code of Conduct.

It is generally acknowledged that the essence of all the spiritual practices contained in the books of Sri Gurudev is found in his *Twenty Important Spiritual Instructions, Sadhana Tattva* and *Universal Prayer.* Gurudev has declared that these constitute the essence of all spiritual Sadhanas. Therefore, seekers who practise these Sadhanas earnestly shall be progressively moving towards the goal of life, God-realisation.

The Spiritual Diary and Resolve Form were very close to Sri Gurudev's heart. They help devotees to evaluate the progress of their Sadhana as well as help in setting sound and realistic goals.

The National Code of Conduct is a unique gift from our most revered President, H.H. Sri Swami Chidanandaji Maharaj, designed to make us ideal citizens of our Motherland. Anyone who understands the spirit of this National Code of Conduct and practises it shall not only enrich his/her personal life, but shall also help to maintain the culture of this great country and its people.

Let this booklet be a guide to the Branches, the Y.V.F. Academy students and a blessing to all the Members is our humble prayer. May God and Gurudev bless one and all.

—THE DIVINE LIFE SOCIETY

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Part—I

Sivananda Ashram Daily Prayers

THE UNIVERSAL PRAYER

O Adorable Lord of Mercy and Love!
Salutations and prostrations unto Thee.
Thou art Omnipresent, Omnipotent and Omniscient.
Thou art Satchidananda
(Existence-Consciousness-Bliss Absolute).
Thou art the Indweller of all beings.
Grant us an understanding heart,
Equal vision, balanced mind,
Faith, devotion and wisdom.
Grant us inner spiritual strength
To resist temptations and to control the mind,
Free us from egoism, lust, greed, hatred,
anger and jealousy.
Fill our hearts with divine virtues.
Let us behold Thee in all these names and forms.
Let us serve Thee in all these names and forms.
Let us ever remember Thee.
Let us ever sing Thy glories.
Let Thy Name be ever on our lips.
Let us abide in Thee for ever and ever.

—Swami Sivananda

शिवानन्द आश्रम दैनिक प्रार्थना

जय गणेश कीर्तन

जय गणेश जय गणेश जय गणेश पाहि माम्।
श्री गणेश श्री गणेश श्री गणेश रक्ष माम्॥१॥

शरवणभव शरवणभव शरवणभव पाहि माम्।
कार्तिकेय कार्तिकेय कार्तिकेय रक्ष माम्॥२॥

जय सरस्वति जय सरस्वति जय सरस्वति पाहि माम्।
श्री सरस्वति श्री सरस्वति श्री सरस्वति रक्ष माम्॥३॥

जय गुरु शिव गुरु हरि गुरु राम।
जगद्गुरु परं गुरु सद्गुरु श्याम॥४॥

ॐ आदिगुरु अद्वैतगुरु आनन्दगुरु ॐ।
चिद्गुरु चिद्घन गुरु चिन्मय गुरु ॐ॥५॥

हरे राम हरे राम राम राम हरे हरे।
हरे कृष्ण हरे कृष्ण कृष्ण कृष्ण हरे हरे॥६॥

नमः शिवाय नमः शिवाय नमः शिवाय।
नमः शिवाय नमः शिवाय नमः शिवाय॥७॥

ॐ नमो नारायणाय ॐ नमो नारायणाय।
ॐ नमो नारायणाय ॐ नमो नारायणाय॥८॥

ॐ नमो भगवते वासुदेवाय।
ॐ नमो भगवते रामचन्द्राय॥९॥

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दत्तात्रेय दत्तात्रेय दत्तात्रेय पाहि माम्।
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भगवत्पाद भगवत्पाद भगवत्पाद रक्ष माम्॥१२

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ॐ आदिशक्ति महाशक्ति पराशक्ति पाहि माम्।
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ॐ तत्सत् ॐ तत्सत् ॐ तत्सत् ॐ।
ॐ शान्ति ॐ शान्ति ॐ शान्ति ॐ॥१८॥

गुरुस्तोत्रम्

ब्रह्मानन्दं परमसुखदं केवलं ज्ञानमूर्तिं
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एकं नित्यं विमलमचलं सर्वधीसाक्षिभूतं
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गुरुर्ब्रह्मा गुरुर्विष्णुर्गुरुर्देवो महेश्वरः।
गुरुः साक्षात् परं ब्रह्म तस्मै श्रीगुरवे नमः॥२॥

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ध्यानमूलं गुरोर्मूर्तिः पूजामूलं गुरोः पदम्।
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शान्ति-मन्त्र

ॐ शं नो मित्रः शं वरुणः। शं नो भवत्वर्यमा। शं न इन्द्रो बृहस्पतिः। शं नो विष्णुरुरुक्रमः। नमो ब्रह्मणे। नमस्ते वायो। त्वमेव प्रत्यक्षं ब्रह्मासि। त्वामेव प्रत्यक्षं ब्रह्म वदिष्यामि। ऋतं वदिष्यामि। सत्यं वदिष्यामि। तन्मामवतु। तद् वक्तारमवतु। अवतु माम्। अवतु वक्तारम्। ॐ शान्तिः शान्तिः शान्तिः ॥१॥ (कृष्णयजुर्वेद तैत्तिरीयोपनिषद्)

ॐ सह नाववतु। सह नौ भुनक्तु। सह वीर्यं करवावहै। तेजस्विनावधीतमस्तु मा विद्विषावहै॥ ॐ शान्तिः शान्तिः शान्तिः ॥२॥ (कृष्णयजुर्वेद कठोपनिषद्)

ॐ यश्छन्दसामृषभो विश्वरूपः। छन्दोभ्योऽध्यमृतात्सम्बभूव। स मेन्द्रो मेधया स्पृणोतु। अमृतस्य देव धारणो भूयासम्। शरीरं मे विचर्षणम्। जिह्वा मे मधुमत्तमा। कर्णाभ्यां भूरि विश्रुवम्।

ब्रह्मणः कोशोऽसि मेधया पिहितः। श्रुतं मे गोपाय।। ॐ शान्तिः शान्तिः शान्तिः ।।३।।

(स्वरूपबोध उपनिषद् तथा तैत्तिरीयोपनिषद्)

ॐ अहं वृक्षस्य रेरिवा। कीर्तिः पृष्ठं गिरेरिव। ऊर्ध्वपवित्रो वाजिनीव स्वमृतमस्मि। द्रविणं सवर्चसम्। सुमेधा अमृतोऽक्षितः। इति त्रिशङ्कोर्वेदानुवचनम्।। ॐ शान्तिः शान्तिः शान्तिः ।।४।।

(ब्रह्मानुभव उपनिषद् तथा तैत्तिरीयोपनिषद्)

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते। पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते।। ॐ शान्तिः शान्तिः शान्तिः ।।५।।

(शुक्लयजुर्वेद ईशावास्योपनिषद्)

ॐ आप्यायन्तु ममाङ्गानि वाक् प्राणश्चक्षुः श्रोत्रमथो बलमिन्द्रियाणि च सर्वाणि। सर्वं ब्रह्मौपनिषदं माहं ब्रह्म निराकुर्यां मा मा ब्रह्म निराकरोदनिराकरणमस्त्वनिराकरणं मे

अस्तु। तदात्मनि निरते य उपनिषत्सु धर्मास्ते मयि सन्तु ते मयि सन्तु॥ ॐ शान्तिः शान्तिः शान्तिः ॥६॥

(सामवेद केनोपनिषद्)

ॐ वाङ् मे मनसि प्रतिष्ठिता। मनो मे वाचि प्रतिष्ठितम्। आविरावीर्म एधि। वेदस्य म आणीस्थः। श्रुतं मे मा प्रहासीरनेनाधीतेनाहोरात्रान्संदधाम्यृतं वदिष्यामि। सत्यं वदिष्यामि। तन्मामवतु। तद्वक्तारमवतु। अवतु माम्। अवतु वक्तारम्। अवतु वक्तारम्॥ ॐ शान्तिः शान्तिः शान्तिः ॥७॥

(ऋग्वेद ऐतरेयोपनिषद्)

ॐ भद्रं नो अपिवातय मनः॥ ॐ शान्तिः शान्तिः शान्तिः ॥८॥

(ब्रह्मरहस्योपनिषद्)

ॐ भद्रं कर्णेभिः शृणुयाम देवाः भंद्रं पश्येमाक्षभिर्यजत्राः। स्थिरैरंगैस्तुष्टुवाँ् सस्तनूभिर्व्यशेम देवहितं यदायुः। स्वस्ति न इन्द्रो वृद्धश्रवाः स्वस्ति नः पूषा विश्ववेदाः। स्वस्ति नस्ताक्ष्यो

अरिष्टनेमिः स्वस्ति नो बृहस्पतिर्दधातु ॥ ॐ शान्तिः शान्तिः शान्तिः ॥९॥ (अथर्ववेद प्रश्नोपनिषद)

ॐ यो ब्रह्माणं विदधाति पूर्वं। यो वै वेदांश्च प्रहिणोति तस्मै। तं ह देवमात्मबुद्धिप्रकाशं मुमुक्षुर्वै शरणमहं प्रपद्ये ॥ ॐ शान्तिः शान्तिः शान्तिः ॥१०॥ (योगसार उपनिषद्)

प्रातःस्मरणम्

प्रातः स्मरामि हृदि संस्फुरदात्मतत्त्वं
सच्चित्सुखं परमहंसगतिं तुरीयम्।
यत्स्वप्नजागरसुषुप्तमवैति नित्यं
तद्ब्रह्म निष्कलमहं न च भूतसंघः ॥१॥

प्रातर्भजामि मनसा वचसामगम्यं
वाचो विभान्ति निखिला यदनुग्रहेण।
यन्नेतिनेतिवचनैर्निगमा अवोचु-
स्तं देवदेवमजमच्युतमाहुरग्र्यम्॥२॥

प्रातर्नमामि तमसः परमर्कवर्णं
पूर्णं सनातनपदं पुरुषोत्तमाख्यम्।
यस्मिन्निदं जगदशेषमशेषमूर्तौ
रज्ज्वां भुजङ्गम इव प्रतिभासितं वै॥३॥

श्लोकत्रयमिदं पुण्यं लोकत्रय विभूषणं।
प्रातःकाले पठेद्यस्तु स गच्छेत्परमं पदम्।।४।।

नमोऽस्त्वनन्ताय सहस्रमूर्तये सहस्रपादाक्षिशिरोरुबाहवे।
सहस्रनाम्ने पुरुषाय शाश्वते, सहस्रकोटियुगधारिणे नमः।।

महामृत्युञ्जय-मन्त्र

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम्।
उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय माऽमृतात्।।

मङ्गलाचरण

ॐ स्वस्ति प्रजाभ्यः परिपालयन्तां
न्याय्येन मार्गेण महीं महीशाः।
गोब्राह्मणेभ्यः शुभमस्तु नित्यं
लोकाः समस्ताः सुखिनो भवन्तु॥१॥

काले वर्षतु पर्जन्यः पृथिवी सस्यशालिनी।
देशोऽयं क्षोभरहितो ब्राह्मणाः सन्तु निर्भयाः॥२॥

अशुभानि निराचष्टे तनोति शुभसन्ततिम्।
स्मृतिमात्रेण यत्पुंसां ब्रह्म तन्मङ्गलं परम्॥३॥

अतिकल्याणरूपत्वान्नित्यकल्याणसंश्रयात्।
स्मर्तृणां वरदत्वाच्च ब्रह्म तन्मङ्गलं विदुः॥४॥

ओंकारश्चाथशब्दश्च द्वावेतौ ब्रह्मणः पुरा।
कण्ठं भित्वा विनिर्यातौ तस्मान्माङ्गलिकावुभौ॥५॥

ॐ अथ ॐ अथ ॐ अथ ॐ।

ॐ सर्वेषां स्वस्ति भवतु। सर्वेषां शान्तिर्भवतु।
सर्वेषां पूर्णं भवतु। सर्वेषां मङ्गलं भवतु॥६॥

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभाग्भवेत्॥७॥

असतो मा सद्गमय।
तमसो मा ज्योतिर्गमय।
मृत्योर्मा अमृतं गमय॥८॥

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते।
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते।
ॐ शान्तिः शान्तिः शान्तिः।९।

त्वमेव माता च पिता त्वमेव
त्वमेव बन्धुश्च सखा त्वमेव।

त्वमेव विद्या द्रविणं त्वमेव
त्वमेव सर्वं मम देवदेव॥१० ॥

कायेन वाचा मनसेन्द्रियैर्वा
बुद्ध्यात्मना वा प्रकृतेः स्वभावात्।
करोमि यद्यत् सकलं परस्मै
नारायणायेति समर्पयामि॥११॥

सच्चिदानन्द भगवान् की जय
विश्वनाथ भगवान् की जय
शङ्कराचार्य महाराज की जय
सद्गुरु श्री स्वामी शिवानन्द जी महाराज की जय
दिव्यनाम भगवान् की जय
गङ्गा मैया की जय
नमः पार्वती पतये हर हर महादेव।१२।

Work cannot bring misery. It is the attachment and identification to work that brings in all sorts of worries, troubles and unhappiness. Understand the secret of Karma Yoga and work without attachment and identification. You will soon attain God-consciousness.

—Swami Sivananda

Part—II

Transliteration

Work cannot bring [illegible] attachment and identification [illegible] brings in all sorts of worries, [illegible] [illegible] Karma Yoga and work without [illegible] and [illegible] God-consciousness.

—Swami Sivananda

JAYA GANESHA KIRTAN

Jaya Ganesha Jaya Ganesha Jaya Ganesha Pahimam
Sri Ganesha Sri Ganesha Sri Ganesha Rakshamam.

Sharavanabhava Sharavanabhava Sharavanabhava
Pahimam

Kartikeya Kartikeya Kartikeya Rakshamam.

Jaya Sarasvati Jaya Sarasvati Jaya Sarasvati Pahimam
Sri Sarasvati Sri Sarasvati Sri Sarasvati Rakshamam.

Jaya Guru Shiva Guru Hari Guru Ram
Jagadguru Paramguru Sadguru Shyam.

Om Adi Guru Advaita Guru Ananda Guru Om
Chidguru Chidghanaguru Chinmayaguru Om.

Hare Rama Hare Rama Rama Rama Hare Hare
Hare Krishna Hare Krishna Krishna Krishna Hare Hare.

Namah Shivaya Namah Shivaya Namah Shivaya
Namah Shivaya Namah Shivaya Namah Shivaya

Om Namo Narayanaya Om Namo Narayanaya
Om Namo Narayanaya Om Namo Narayanaya

Om Namo Bhagavate Vasudevaya
Om Namo Bhagavate Ramachandraya

Anjaneya Anjaneya Anjaneya Pahimam
Hanumanta Hanumanta Hanumanta Rakshamam

Dattatreya Dattatreya Dattatreya Pahimam
Dattaguru Dattaguru Dattaguru Rakshamam

Shankaracharya Shankaracharya Shankaracharya Pahimam
Bhagavatpada Bhagavatpada Bhagavatpada Rakshamam.

Satguru Deva Satguru Deva Satguru Deva Pahimam
Sivananda Sivananda Sivananda Rakshamam

Gangarani Gangarani Gangarani Pahimam
Bhagirathi Bhagirathi Bhagirathi Rakshamam

Om Shakti Om Shakti Om Shakti Pahimam
Brahma Shakti Vishnu Shakti Shiva Shakti Rakshamam

Om Adi Shakti Maha Shakti Para Shakti Pahimam
Iccha Shakti Kriya Shakti Jnana Shakti Rakshamam

Rajarajeshvari Rajarajeshvari Rajarajeshavari Pahimam
Tripurasundari Tripurasundari Tripurasundari
Rakshamam

Om Tat Sat Om Tat Sat Om Tat Sat Om
Om Shantih Om Shantih Om Shantih Om

GURU STOTRAM

1. Brahmanandam parama sukhadam kevalam jnanamurtim
   Dwandwa'teetam gaganasadrisham tattwamasyadi lakshyam
   Ekam nityam vimalamachalam sarvadhee sakshi bhootham
   Bhava'teetam triguna rahitam sadgurum tam namami.

2. Gururbrahma gururvishnur gururdevo maheshvarah
   Guruhsakshath param brahma tasmai shri gurave namah.

3. Ajnana timirandhasya jnana-anjana shalakaya
   Chakshurunmeelitam yena tasmai shri gurave namah.

4. Akhandamandalakaram vyaptam yena characharam
   Tatpadam darshitam yena tasmai shri gurave namah.

5. Dhyana moolam guror murtih pooja moolam guroh padam
Mantra moolam guror vakyam moksha moolam guroh kripa.

6. Namah Sivanandaya gurave satchidananda moortaye
Nishprapanchaya shantaya niralambaya tejase.

7. Nityam shuddham nirabhasam nirakaram niranjanam
Nityabodham chidanandam gurumbrahma namamyaham.

SHANTI MANTRAS

1. Om sham no Mitrah sham Varunah,
Sham no bhavatvaryama,
Sham na Indro Brihaspatih,
Sham no Vishnururukramah,
Namo Brahmane, namaste Vayo,
Tvameva pratyaksham Brahmasi,
Tvam eva pratyaksham Brahma vadishyami,
Ritam vadishyami, satyam vadishyami,
Tanmamavatu, tadvaktaramavatu, avatu mam,
Avatu vaktaram.
Om Shantih Shantih Shantih.

2. Om saha na vavatu, saha nau bhunaktu,
Sahaveeryam karavavahai,
Tejasvi navadheetamastu,
Ma vidvishavahai.
Om Shantih Shantih Shantih.

3. Om yaschhandasaam-rishabho visvarupah,
Chhandobhyoa-dhyamritat-sambabhoova,
Samendro medhaya sprinotu,
Amritasya deva dharano bhuyasam,

Shariram me vicharshanam,
Jihva me madhumattama,
Karnabhyaam bhuri vishruvam,
Brahmanah koshosi medhaya'pihitah,
Shrutam me gopaya.
Om Shantih Shantih Shantih.

4. Om aham vrikshasyareriva,
Kirtih prishtham gireriva,
Urdhvapavitro vajineeva swamritamasmi,
Dravinam savarchasam, sumedha amritokshitah,
Iti trishankor-vedaanu-vachanam.
Om Shantih Shantih Shantih.

5. Om poornamadah, poornamidam,
Poornat poornamudachyate,
Poornasya, poornamadaya,
Poornameva'vashishyate.
Om Shantih Shantih Shantih.

6. Om aapyayantu mamangani,
Vakprana-schakshuh shrotram
atho-bala-mindriyani cha sarvani,
Sarvam Brahmaupanishadam,
Maham Brahma nirakuryam,
Ma ma Brahmanirakarotd-anirakaranamastu,

Anirakaranam me astu, tadatmani nirate,
Ya upanishatsu dharmah,
Te mayi santu te mayi santu.
Om Shantih Shantih Shantih.

7. Om vang me manasi pratishthita,
Mano me vachi pratishthitam,
Aviraaveerma edhi, Vedasya ma aanisthah,
Shrutam me ma prahasee-ranenadhitena-
ahoratran sandadhami,
Ritam vadishyami, Satyam vadishyami,
Tanmamavatu, Tadvaktaramavatu,
Avatumam, avatuvaktaram, avatuvaktaram.
Om Shantih Shantih Shantih.

8. Om bhadram no apivataya manah.
Om Shantih Shantih Shantih.

9. Om bhadram karnebhih shrunuyamadevah,
Bhadram pashyemakshabhiryajatrah,
Sthirairangaistushtuvang sastanoobhih,
Vyashema devahitam yadayuh,
Swasti na Indro Vriddhashravah,
Swastinah Pusha visvavedah,
Swastinastarkshyo arishtanemih,

Swasti no Brihaspatirdadhatu.
Om Shantih Shantih Shantih.

10. Om yo Brahmanam vidadhati purvam,
Yo vai Vedagshcha prahinoti tasmai,
Tam ha Devamatma buddhi prakasham,
Mumukshurvai sharanamaham prapadye.
Om Shantih Shantih Shantih.

PRATASMARANAM

1. Pratah smarami hridi samsphuradatmatatwam
Satchitsukham paramahamsagatim turiyam
Yat swapna-jagara-sushuptamavaiti nityam
Tad brahma niskalamaham na cha bhutasangha.

2. Pratarbhajami manasa vachasamagamyam
Vacho vibhanti nikhila yadanugrahena
Yannetineti vachanairnigama avochuh
Tam devadevamajam achyutam ahuragryam.

3. Pratarnamami tamasah paramarkavarnam
Purnam sanatanapadam purushottamakhyam
Yasminnidam jagadasesham-asesha-murtau
Rajvam bhujangama iva pratibhasitam vai.

4. Shlokatrayamidam punyam
Lokatraya vibhushanam
Pratah kale pathed yastu
Sa gacched paramam padam.

MAHA MRITYUNJAYA MANTRA

Om trayambakam yajamahe
Sugandhim pushti varddhanam
Urvarukam iva bandhanan
Mrityor mukshiya ma amritat.

Build your character. Purify the heart. Develop divine virtues. Eradicate evil traits. Conquer all that is base in you. Endeavour to attain all that is worthy and noble and make your life sublime. —*Swami Sivananda*

(MANGALA CHARANA)
INVOCATION

1. Om swasthi prajabhyah paripala yantam
   Nyayena margena mahim maheesha
   Go brahma-nebhyah shubham astu nityam
   Loka samastha sukhino bhavantu.

2. Kale varshatu parjanyaha
   Prithvi sasya shyalini
   Deshoyam kshobha rahito
   Brahmanah santu nirbhayah.

3. Ashubhani nira chaste
   Tanoti shubha santatim
   Smriti matrena yat punsam
   Brahma tan mangalam param.

4. Ati kalyana rupatvat
   Nitya kalyana samshrayat
   Smartrunam varadat vachha
   Brahma tan mangalam viduh.

5. Omkaras cha atha sabdascha
   Dvave tau brahmanah pura
   Kantham bhitva viniryatau

Tasmat mangalika'ubhau.
Om atha om atha om atha.

6. Om sarvesham swasti bhavatu
Sarvesham shantir bhavatu
Sarvesham poornam bhavatu
Sarvesham mangalam bhavatu

7. Sarve bhavantu sukhinah
Sarve santu niramayah
Sarve bhadrani pashyantu
Ma kaschid duhkha bhag bhavet.

8. Asato ma sat gamaya
Tamaso ma jyotir gamaya
Mrityor ma amritam gamaya.

9. Om poorna-madah poorna-midam
Poornat poornam udachyate
Poornasya poornam adaya
Poornam eva'vasishishyate
Om shantih shantih shantih.

10. Tvameva mata cha pita tvameva
Tvameva bandhush cha sakhaa tvameva
Tvameva vidya dravinam tvameva
Tvameva sarvam mama deva deva.

11. Kayena vacha manas-endriyair va
Buddhi atmanava prakriteh svabhavat
Karomi yadyat sakalam parasmai
Narayanayeti samarpayami.

12. Satchidananda Bhagavan Ki Jai
Viswanatha Bhagavan Ki Jai
Shankaracharya Bhagavan Ki Jai
Satguru Sri Swami Sivananda Maharaj Ki Jai
Divya Nama Bhagavan Ki Jai
Ganga Mayya Ki Jai
Namah Parvati Pataye Hara Hara Mahadev.

Part—III

Translations

11. Kayena vacha manas-endriyair va
Buddhi atmane va prakriteh swabhavat
Karomi yadyat sakalam parasmai
Narayanayeti samarpayami.

12. Satchidananda Bhagavan Ki Jai
Viswanatha Bhagavan Ki Jai
Shankaracharya Bhagavan Ki Jai
Satguru Sri Swami Sivananda Maharaj Ki Jai
Divya Nama Bhagavan Ki Jai
Ganga Mayya Ki Jai
Namah Par[illegible] Mahadev

SALUTATIONS TO THE GURU
(GURU STOTRAM MEANING)

1. I prostrate to that Satguru, the Brahman, who is bliss, who is the giver of supreme happiness, who is absolute knowledge, who is beyond the pairs of opposites, who is vast like the ether, who is attainable through assertions like "Tat Twam Asi", who is one, eternal, pure and changeless, who is the witness of all the states of the mind; who transcends modifications, who is devoid of the three modes (of Prakriti).

2. I prostrate to that Sri Guru, who is himself Brahma, Vishnu and God Maheshwara, and who is verily the Supreme Absolute Itself.

3. I prostrate to that Sri Guru, who has opened with the collyrium stick of divine knowledge, the eyes of him who was rendered blind by the darkness of ignorance.

4. I prostrate to that Sri Guru, who pervades the movable and the immovable universe as an unbroken infinitude of form, and who has shown the state of the Infinite Brahman.

5. The form of the Guru is the basis of meditation, the feet of the Guru are the basis of worship, the words of the Guru are the basis of Mantra,the Grace of the Guru is the basis of liberation.

6. Prostration to the Guru, who is Siva (bliss and auspiciousness), who is the embodiment of Existence-Knowlege-Bliss, who is beyond world-consciousness, who is peaceful, without any support and self-effulgent.

7. I prostrate to that Guru, who is the eternally pure Brahman, free from reflection, formless, taintless, eternally awake as pure consciousness and Bliss.

PEACE CHANTS
(SHANTI MANTRAS-MEANING)

1. Om. May Mitra, Varuna and Aryama be good to us. May Indra and Brihaspati and Vishnu of great strides be good to us. Prostrations to the Brahman. Prostrations to thee, O Vayu, who art the visible Brahman. I shall proclaim Thee as visible Brahman. I shall call Thee the Just and the True. May He protect the teacher and me. May He protect the teacher. Om Peace, Peace, Peace.

(Krishna-Yajurveda, Taitteeriya Upanishad)

2. Om. May He protect us both (teacher and taught). May He cause us both to enjoy the bliss of Mukti. May we both exert to find out the true meaning of the scriptures. May our studies be fruitful. May we never quarrel with each other. Om Peace, Peace, Peace.

(Krishna Yajurveda, Katopanishad)

3. Om. May He, the Lord of all, pre-eminent among the Vedas and superior to the nectar contained in

them, bless me with wisdom. May I be adorned with knowledge of Brahman that leads to Immortality. May my body become strong and vigorous (for practising meditation on Brahman). May my tongue always utter delightful words. May I hear a lot with my ears. Thou art the scabbard of Brahman hidden by worldly taints (and not revealed by puny intellects). May I never forget that which I have learnt. Om Peace, Peace, Peace.

(Swarupa Bodha Upanishad and Taitteeriya Upanishad)

4. Om. I am the destroyer of the tree (of Samsara). My reputation is as high as the top of the hill. I am, in essence, as pure as the Sun. I am the highest treasure. I am All-wise, Immortal and Indestructible. This is Trisanku's realization. Om Peace, Peace, Peace.

(Brahmanubhava Upanishad and Taitteeriya Upanishad)

5. Om. That is whole. This is whole. From the whole, the whole becomes manifest. From the whole when the whole is removed what remains is again the whole. Om Peace, Peace, Peace

(Sukla Yajurveda—Isavasya Upanishad)

6. Om. May my limbs, speech, Prana, eye, ear and power of all my senses grow vigorous. All is the Brahman of the Upanishads. May I never deny the Brahman. May the Brahman never desert me. Let that relationship endure. Let the virtues recited in the Upanishads be rooted in me. May they repose in me. Om Peace, Peace, Peace. *(Sama Veda—Kenopanishad)*

7. Om. Let my speech be rooted in my mind. Let my mind be rooted in my speech. Let Brahman reveal Himself to me. Let my mind and speech enable me to grasp the Truth of the Vedas. Let not what I heard forsake me. Let both day and night be continuously spent by me in study. I think Truth. I speak Truth. May that Truth protect me. May that Truth protect the teacher. Protect me. Protect the teacher. Om Peace, Peace, Peace.

(Rig Veda—Itareya Upanishad)

8. Om (Salutations). May my mind, and all these (body, Indriyas, Pranas, etc.) be good and well. Om Peace, Peace, Peace. *(Brahma Rahasyopanishad)*

9. Om. O Worshipful ones, may our ears hear what is auspicious. May we see what is auspicious. May we sing your praise, live our allotted span of life in perfect health and strengh. May Indra, who is extolled in the scriptures; Pushan, the all-knowing; Tarkshya, who saves from all harm; and Brihaspati who protects our spiritual lustre, vouchsafe success in our study of the scriptures and the practice of the truths contained therein. Om Peace, Peace, Peace.

(Atharva Veda Prasno Upanishad)

10. Om. who created (the four faced) Brahma in the begining, and who delivers to him the Vedas, to Him, to that God, who is the light of the soul, and the intellect, I being desirous of liberation, do resort as shelter. Om, Peace, Peace, Peace.

(Yogasara Upanishad)

EARLY MORNING PRAYER
(PRATASMARANAM—MEANING)

1. In the early hours of the morning, I think of the Self which shines in the chambers of my heart, which is of the nature of Existence, Knowledge, Bliss-Absolute, which is the goal of the Paramahamsas and which is the fourth state of Consciousness. I am that Brahman which is Nirguna and eternal, beyond the three states of consciousness—waking, dreaming and deep sleep, and I am not composed of the elements.

2. In the early hours of the morning, I adore Him who is the God of Gods, who is beyond the reach of mind and speech, and by whose Grace alone speech is illumined, whom scriptures describe by the Neti-Neti formula, who is unborn, Achyuta, and the Primordial Being.

3. In the early hours of the morning, I bow down to that Purusha who is beyond darkness, who is of the

brilliance of the sun, who is full, eternal, and in whom this universe appears as a snake in the rope.

4. He who reads these verses which are auspicious, the ornament of the three worlds, attains to the Supreme State (of self-realisation).

MAHA MRITYUNJAYA MANTRA (MEANING)

We worship the Three-Eyed One (Lord Siva), who is fragrant and who nourishes well all beings. May He liberate us from death for the sake of immortality, even as the cucumber is severed from its bondage (to the creeper)!

MANGALA CHARANAM
(MEANING)

1. May peace and auspiciousness be unto all beings. May the kings rule the earth in all righteousness (according to Dharma and truth). May auspiciousness be unto all, cows and Brahmins. May all the worlds be happy.

2. Let the rains come in timely fashion (and make) the earth (filled) with plenty and abundance. Let the country be without any trouble, and may the Brahmins and saints (live in peace) without any fear (of persecution).

3. Let there not be any inauspiciousness. May Brahman, the Supreme Being, bless mankind with good children and grant all auspiciousness (to us).

4. That which has an extremely auspicious appearance, which is the eternal source of all auspiciousness, which grants the wishes (of all those)

who meditate upon It, know that Brahman as all auspiciousness.

5. In the beginning, it is said, that the two sounds OM and Atha (now) came from (the throat of) Brahman and therefore they are auspicious.

6. May Auspiciousness be unto all; may Peace be unto all; may Fullness (Wholeness) be unto all; may Prosperity be unto all.

7. May all be happy; may all be free from disabilities; may all behold what is auspicious; may none suffer from sorrow.

8. Lead us from the unreal to the Real;
Lead us from darkness to Light;
Lead us from mortality to Immortality.

9. Om. That is Infinite. This is Infinite. From the Infinite, the Infinite becomes manifest. From the Infinite when the Infinite is negated, what remains is again the Infinite. OM Peace, Peace, Peace.

10. O Lord, Thou art my mother and Thou art my father; Thou art my relative and my friend; Thou art

knowledge and wealth unto me; Thou art my all-in-all, O Lord of lords.

11. Whatever I do with my body, speech, mind and senses; by my intellect, self or nature, all these I offer unto the Supreme Lord Narayana.

12. Glory to the Supreme Lord

Glory to the Lord of the Universe

Glory to Lord Shankaracharya

Glory to Satguru Sri Swami Sivananda Maharaj.

Glory to the Divine Name

Glory to Mother Ganga

Salutations to Lord Siva,
the God of the gods who removes all our afflictions.

Selfless service is a necessity. It is very pleasant to hear 'I am Brahman'. But what is your real worth? A *vedantin* is not one who advertises 'I have realised God'. Vedanta is an aroma that emanates from the Self-realised sage. He need not advertise 'I am a *vedantin*.' Wherever there is suffering, he rushes to help. He shares his knowledge with others. He serves and elevates others.

—*Swami Sivananda*

Part—IV

Sadhana

TWENTY IMPORTANT SPIRITUAL INSTRUCTIONS

1. Get up at 4 a.m. daily. This is Brahmamuhurta which is extremely favourable for meditation on God.

2. **Asana:** Sit on Padma, Siddha or Sukha Asana for Japa and meditation for half an hour, facing the East or the North. Increase the period gradually to three hours. Do Sirshasana and Sarvangasana for keeping up Brahmacharya and health. Take light physical exercises as walking, etc., regularly. Do twenty Pranayamas.

3. **Japa:** Repeat any Mantra as pure Om or Om Namo Narayanaya, Om Namah Sivaya, Om Namo Bhagavate Vasudevaya, Om Sri Saravanabhavaya Namah, Sita Ram, Sri Ram, Hari Om, or Gayatri, according to your taste or inclination, from 108 to 21,600 times daily.

4. **Dietetic Discipline:** Take Sattvic food, Suddha Ahara. Give up chillies, tamarind, garlic, onion, sour

articles, oil, mustard, asafoetida. Observe moderation in diet (Mitahara). Do not overload the stomach. Give up those things which the mind likes best for a fortnight in a year. Eat simple food. Milk and fruits help concentration. Take food as medicine to keep the life going. Eating for enjoyment is sin. Give up salt and sugar for a month. You must be able to live on rice, Dhal and bread without any chutney. Do not ask for extra salt for Dhal and sugar for tea, coffee or milk.

5. Have a separate meditation-room under lock and key.

6. **Charity:** Do charity regularly, every month, or even daily according to your means, say six paise per rupee.

7. **Svadhyaya:** Study systematically the Gita, the Ramayana, the Bhagavata, Vishnu-Sahasranama, Lalita-Sahasranama, Aditya Hridaya, the Upanishads or the Yoga Vasishtha, the Bible, the Zend Avesta, the Koran, the Tripitakas, the Granth Sahib, etc., from half an hour to one hour daily and have Suddha Vichara.

8. Brahmacharya: Preserve the vital force (Veerya) very, very carefully. Veerya is God in motion or manifestation—Vibhuti. Veerya is all power. Veerya is all money. Veerya is the essence of life, thought and intelligence.

9. Prayer Slokas: Get by heart some prayer-Slokas, Stotras and repeat them as soon as you sit in the Asana before starting Japa or meditation. This will elevate the mind quickly.

10. Satsanga: Have Satsanga. Give up bad company, smoking, meat and alcoholic liquors entirely. Do not develop any evil habits.

11. Fast on Ekadasi: Fast on Ekadasi or live on milk and fruits only.

12. Japa Mala: Have a Japa Mala (rosary) round your neck or in your pocket or underneath your pillow at night.

13. Mouna: Observe Mouna (vow of silence) for a couple of hours daily.

14. Speak the Truth: Speak the truth at all costs. Speak a little. Speak sweetly.

15. Reduce your wants: Reduce your wants. If you have four shirts, reduce the number to three or two. Lead a happy, contented life. Avoid unnecessary worry. Have plain living and high thinking.

16. Never hurt anybody: Never hurt anybody *(Ahimsa Paramo Dharmah)*. Control anger by love, Kshama (forgiveness) and Daya (compassion).

17. Do not depend upon servants: Do not depend upon servants. Self-reliance is the highest of all virtues.

18. Self-analysis: Think of the mistakes you have committed during the course of the day, just before retiring to bed (self-analysis). Keep daily diary and self-correction register. Do not brood over past mistakes.

19. Fulfil duties: Remember that death is awaiting you at every moment. Never fail to fulfil your duties. Have pure conduct (Sadachara).

20. Surrender to God: Think of God as soon as you wake up and just before you go to sleep. Surrender yourself completely to God (Saranagati).

This is the essence of all spiritual Sadhanas. This will lead you to Moksha. All these Niyamas or spiritual canons must be rigidly observed. You must not give leniency to the mind.

SADHANA TATTVA

OR

THE SCIENCE OF SEVEN CULTURES FOR QUICK EVOLUTION OF THE HUMAN SOUL

INTRODUCTION

(a) *An ounce of practice is better than tons of theory. Practise Yoga, Religion and Philosophy in daily life and attain Self-realisation.*

(b) *These thirty-two instructions give the essence of the Eternal Religion (Sanatana Dharma) in its purest form. They are suitable for modern busy householders with fixed hours of work. Modify them to suit your convenience and increase the period gradually.*

(c) *In the beginning take only a few practical resolves which form a small but definite advance over your present habits and character. In case of ill-health,*

pressure of work or unavoidable engagements replace your active Sadhana by frequent remembrance of God.

HEALTH CULTURE

1. Eat moderately. Take light and simple food. Offer it to God before you eat. Have a balanced diet.

2. Avoid chillies, garlic, onions, tamarind, etc., as far as possible. Give up tea, coffee, smoking, betels, meat and wine entirely.

3. Fast on Ekadasi days. Take milk, fruits or roots only.

4. Practise Yoga Asanas or physical exercises for fifteen to thirty minutes everyday. Take a long walk or play some vigorous games daily.

ENERGY CULTURE

5. Observe silence (Mouna) for two hours daily and four to eight hours on Sundays.

6. Observe celibacy according to your age and circumstances. Restrict the indulgence to once a

month. Decrease it gradually to once a year. Finally, take a vow of abstinence for whole life.

ETHICAL CULTURE

7. Speak the TRUTH. Speak little. Speak kindly. Speak sweetly.

8. Do not injure anyone in thought, word or deed. Be kind to all.

9. Be sincere, straightforward and open-hearted in your talks and dealings.

10. Be honest. Earn by the sweat of your brow. Do not accept any money, things or favour unless earned lawfully. Develop nobility and integrity.

11. Control fits of anger by serenity, patience, love, mercy and tolerance. Forget and forgive. Adapt yorself to men and events.

WILL CULTURE

12. Live without sugar for a week or month. Give up salt on Sundays.

13. Give up cards, novels, cinemas and clubs. Fly from evil company. Avoid discussions with materialists. Do not mix with persons who have no faith in God or who criticise your Sadhana.

14. Curtail your wants. Reduce your possessions. Have plain living and high thinking.

HEART CULTURE

15. Doing good to others is the highest religion. Do some selfless service for a few hours every week, without egoism or expectation of reward. Do your worldly duties in the same spirit. Work is worship. Dedicate it to God.

16. Give two to ten percent of your income in charity every month. Share what you have with others. Let the world be your family. Remove selfishness.

17. Be humble and prostrate yourself to all beings mentally. Feel the Divine Presence everywhere. Give up vanity, pride and hypocrisy.

18. Have unwavering faith in God, the *Gita* and your *Guru*. Make a total self-surrender to God and pray:

"Thy Will be done; I want nothing." Submit to the Divine Will in all events and happenings with equanimity.

19. See God in all beings and love them as your own Self. Do not hate anyone.

20. Remember God at all times or, at least, on rising from bed, during a pause in work and before going to bed. Keep a *Mala* in your pocket.

PSYCHIC CULTURE

21. Study one chapter or ten to twenty-five verses of the the *Gita* with meaning, daily. Learn Sanskrit, at least sufficient to understand the *Gita* in original.

22. Memorise the whole of the *Gita*, gradually. Keep it always in your pocket.

23. Read the *Ramayana*, the *Bhagavata*, the *Upanishads*, the *Yoga-vasishtha* or other religious books daily or on holidays.

24. Attend religious meetings, Kirtans and Satsanga of saints at every opportunity. Organise such functions on Sundays or holidays.

25. Visit a temple or a place of worship at least once a week and arrange to hold Kirtans or discourses there.

26. Spend holidays and leave-periods, when possible, in the company of saints or practise *Sadhana* at holy places in seclusion.

SPIRITUAL CULTURE

27. Go to bed early. Get up at four o'clock. Answer calls of nature, clean your mouth and take a bath.

28. Recite some prayers and Kirtan Dhvanis. Practise *Pranayama*, *Japa* and meditation from five to six o'clock. Sit on *Padma*, *Siddha* or *Sukha Asana* throughout, without movement, by gradual practice.

29. Perform your daily *Sandhya*, *Gayatri Japa*, *Nityakarma* and worship, if any.

30. Write your favourite Mantra or Name of God in a notebook for ten to thirty minutes, daily.

31. Sing the Names of God (*kirtan*), prayers, *stotras* and *bhajans* for half to one hour at night with family and friends.

32. Make annual resolves on the above lines. Regularity, tenacity and fixity are essential. Record your *sadhana* in a spiritual diary daily. Review it every month and correct your failures.

SPIRITUAL DIARY FORM

Name . . . . Age. . . . Month. . . . . . .Year. . . . .

Sl. No.	Questions	Dates						
1.	When did you get up from bed?							
2.	How many hours did you sleep?							
3.	How many Malas of Japa?							
4.	How long in Kirtan?							
5.	How many Pranayamas?							
6.	How long did you perform Asanas?							
7.	How long did you meditate in one Asana?							
8.	How many Gita Slokas did you read or get by heart?							
9.	How long in the company of the wise (Satsanga)?							
10.	How many hours did you observe Mouna?							
11.	How long in disinterested selfless service?							

Name . . . . Age. . . . Month. . . . . .Year. . . . .

Sl. No.	Questions	Dates						
12.	How much did you give in charity?							
13.	How many Mantras you wrote?							
14.	How long did you practise physical exercise?							
15.	How many lies did you tell and with what self-punishment?							
16.	How many times and how long of anger and with what self-punishment							
17.	How many hours you spent in useless company?							
18.	How many times you failed in Brahmacharya?							
19.	How long you study of religious books?							
20.	How many times you failed in the control of evil habits and with what self-punishment?							
21.	How long you concentrated on your Ishta Devata (Saguna or Nirguna Dhyana)?							

Name . . . . Age. . . . Month. . . . . .Year. . . . .

Sl. No.	Questions	Dates						
22.	How many days did you observe fast and vigil?							
23.	Were you regular in your meditation?							
24.	What virtue are you developing?							
25.	What evil quality are you trying to erdicate?							
26.	Which Indriya is troubling you most?							
27.	When did you go to bed?							

Name & Address . . . .*Signature* . . . .

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RESOLVE FORM

MY RESOLVES FOR THE YEAR 20. . . . .

1. I will perform Asanas, Pranayama for . . . . minutes daily.
2. I will take milk and fruits only in lieu of night meals once a week/fortnight /month.
3. I will observe a fast on Ekadasi days or once a month.
4. I will give up . . . . (one of my cherished objects of enjoyment) once every . . . . . days/month/or for . . . . days/months.
5. I will not indulge in any of the following more than once every . . . . days/months: (a) Smoking (b) Cards (c) Cinemas (d) Novels.
6. I will observe Mouna (complete silence) for . . . . minutes/hours daily and . . . . . minutes/hours on Sundays/holidays and utilise the time in concentration, meditation, Japa, introspection.

7. I will observe Brahmacharya (celibacy) for . . . . weeks/months at a time.
8. I will not utter angry, harsh or vulgar words towards any one during this year.
9. I will speak the truth at all cost during this year.
10. I will not entertain hatred or evil thoughts towards anyone.
11. I will give away . . . . . percentage of my income in charity.
12. I will perform selfless service (Nishkama Karma Yoga) for . . . . . hours daily/weekly.
13. I will do . . . . . Malas of Japa daily (Mala of 108 beads).
14. I will write my Ishta Mantra/Guru Mantra in a notebook daily for . . . . . minutes or . . . . . pages.
15. I will study . . . . . . Slokas of the Gita daily with meaning.

16. I will maintain a Daily Spiritual Diary and send a copy of it every month to my Guruji for getting further lessons.

17. I will get up at . . . . a.m. daily and spend . . . . hours in Japa, concentration, meditation, prayers, etc.

18. I will conduct Sankirtan with the family members and friends daily for . . . . . minutes/hours at night.

Signature: . . . .

Name and address:

. . . .

. . . .

. . . .

Date . . . . 20 . . . . .

NATIONAL CODE OF CONDUCT

(For Citizens of India)

1. **Patriotism:** Our Motherland should be our first and highest consideration. Welfare of the Nation is our own welfare. Therefore, let us willingly be ready to offer up even our own life for our country. Let us inculcate in our children and members of our family love for our country, the spirit of patriotism and of service to our country and to our fellow citizens.

2. **Duty:** Our first and foremost duty is to God and to Righteousness. Leading a righteous life is the best and most valuable service of our Nation as it will add to the glory of our Motherland.

3. **Character:** Character is the greatest wealth. A pure, incorruptible citizen is the greatest asset

of our Nation. This is vital and indispensable. Therefore, good character is to be given top priority value; upon this depends our Nation's welfare and its future stability.

4. **Health:** Health is the basis of success. Health is wealth. Next to character, it is the greatest national asset. As citizens, our primary duty to the Nation should be building up character and safeguarding health.

5. **Virtue:** Let us join hands and eradicate the evils of gambling, liquor-drinking, drug-taking, tobacco-smoking and betel-chewing. Let us eradicate the evils of bribery, corruption, selfishness, immorality, dishonesty and misconduct. Disloyalty to our Nation is a crime and unpardonable anti-national offence.

6. **Public Property:** O Citizen! We are the custodians of all public property. Let us not spoil, misuse, steal or destroy National property. Let us

preserve it with love and care. Let us keep our country neat and clean. This is our sacred duty.

7. **One Family:** All our citizens are brethren. Let us feel this fraternity. Let us all love one another and be united because we are One family.

8. **Religion:** We must have equal reverence for all religions, creeds and faiths. Let us love as our own brothers the followers of all faiths. Let us treat others as we wish to be treated by them. All communities should be united by the bonds of mutual love.

9. **Non-violence:** At all costs avoid every type of violence and hatred, for this is a blot on the fair name of our Nation. It is soul-killing and causes great harm to our country's welfare and development. It is totally opposed to our Nation's ideal.

10. **Economy:** Adopt simple living and high thinking as your way of life. Do not be extravagant. Let us avoid waste. Let us practise frugality. Let us share

what we have with our less fortunate fellow citizens. This is a National virtue that our India needs today.

11. **Law:** Let us respect the Rule of Law and uphold social justice. In this lies the guarantee of our Country's welfare and orderly progress towards a better India today and tomorrow.

12. **Ahimsa:** Non-injury is our highest virtue (*Ahimsa Paramo Dharmah*). Compassion is a divine quality. Protection of animals is our sacred duty. This is India's special teaching. Let us be compassionate towards all creatures. Thus be a true Indian.Try and become the embodiment of kindness to animals. Adopt compassion and goodness in your everyday life and activities.

13. **Ecology and Environment:** Man and Nature are inseparable. Man and his natural environment are interrelated and mutually interdependent. Everything in nature contributes to our protection and nourishment. Let us, therefore, protect our natural environment.

Helping in maintaining the ecological balance is our duty. It is indispensable for our safe living and all-round welfare. Polluting of public places and polluting of air and water of the country is a national crime. We must make amends for our past lapses.

14. **Unity:** The more united the people of a country, the greater is their ability to withstand all dangers and overcome all obstacles. United we stand, divided we fall. This is particularly true about today's India. Therefore, let us live in close harmony and loving goodwill with all our countrymen. Love of our country means love of our countrymen. This is the most invaluable service a Citizen of India can offer to his Motherland, Bharat. Unity is needed to make our country invulnerable and strong.

15. **Education:** The process of education should incorporate within it, the imparting of the basic knowledge of India's great culture, its lofty ideals and noble values and principles of living. Our education has

to be oriented for enriching and enhancing the quality of life of our youth and students. It should make us true Indians.

THUS, SHINE AS A TRUE CITIZEN AND SERVE YOUR COUNTRY BEST, BY THE VERY MANNER OF YOUR LIFE AND CONDUCT.

Compiled by :
Lovers of the Country

Dedicated with affectionate friendship & Oneness to all Citizens of Our India, Hindus, Buddhists,Jains, Jews, Christians, Zoroastrians, Muslims,Sikhs alike.

THE GOAL OF LIFE

O man! The Goal of life is God-realisation. God-realisation grants Supreme Joy, Peace and Fearlessness. Most precious is human birth. Utilise this birth to attain God. Life is short. Time is fleeting. Waste not time. Engage in noble deeds. Be up and doing upon the path of Divine Life.

Serve, Love, Give, Purify, Meditate, Realise. Be good; do good. Be kind; be compassionate. Practise non-injury, truth and purity. This is the foundation of Yoga and Vedanta. Adapt, adjust, accommodate. Bear insult; bear injury. Serve all. Love all. Embrace all in the Oneness of the Spirit. This is Divine Life.

Enquire 'Who am I?' Know thy Self and be free. Thou art not this body, not this mind. Thou art Immortal Self. Thou art unborn, eternal, changeless, indestructible, ever-pure, all-perfect Spirit or Atman. Realise this and be free. This is your foremost duty. Do this through selflessness and service, devotion and

worship, purification, concentration and meditation. Attain God-realisation. Do it now. Abide in Bliss, Peace and Perfection for ever.

—*Swami Sivananda*

YOGA FOR THE PRESENT AGE

The Goal of Life is the Realisation of the SELF. It is the attainment of Immortal Life and Eternal Bliss. This is done through Sadhana. Living your life in an ideal manner where all your actions tend to take you



nearer and nearer to God each moment is the surest means of growing into divinity spontaneously. This implies a harmonious development of all faculties of head, heart and hand in man. Man is a complex being, varying vastly in temperament one from another. It is through a beautiful, rational combination of the

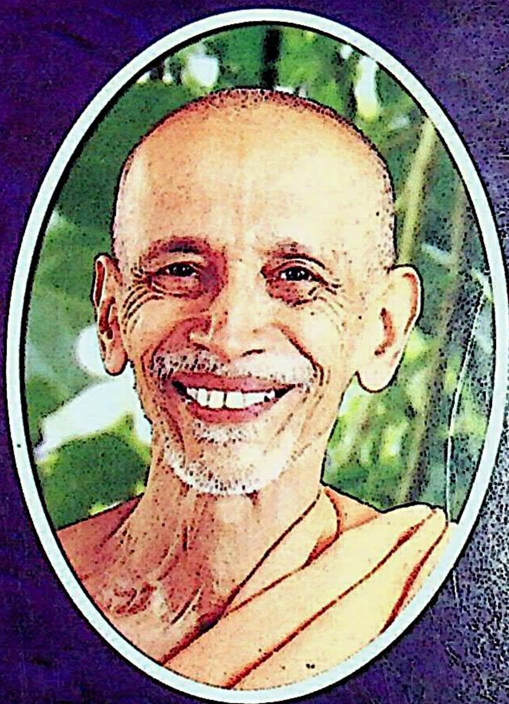
different Sadhanas that such all round spiritual development is had. To this end Sri Swami Sivanandaji has expounded the Yoga of Synthesis, i.e., a combination of Seva, Bhakti, Yoga and Jnana. Thus to enable everyone to have the knowledge of all these Sadhanas, the Divine Life Society founded by him is ceaselessly working to disseminate this knowledge of a Divine Life of service, love, meditation and realisation.

The Society's crest given above brings out beautifully this ideal and aim through the details of its design. The central Pranava (OM) represents the ultimate Goal, viz., the realisation of the Infinite Self. This is attained with the dawn of time knowledge (Brahma Jnana) represented by the brilliant rising Sun. The highest knowledge and the highest devotion (Para Bhakti) are identical. Knowledge emerges spontaneously out of the fullness of mature love for the Lord. The heaving ocean waves stand for this Bhakti. The multi-petalled lotus surrounding the above symbolises the mystical Chakras through which the Kundalini passes to unite with Siva in Sahasrar Chakra

in deep meditation. It is untiring selfless service that purifies the heart thoroughly and qualifies one for the practice of Bhakti, Dhyana and attain Knowledge. Such Karma Yoga or service done as worship offered to the Lord is represented in the crest by the two hands holding flowers. The Divine Life Society under the inspiration of the saintly Founder Sri Swami Sivanandaji is propagating this integral Yoga of the fourfold path to enable every type of person to achieve all-round perfection in life. We pray that the Lord might inspire us to engrave this inspiring crest upon the tablets of our heart! May we all strive selflessly to awaken and illumine humanity through this universally applicable Yoga of Synthesis!



in deep meditation. It is nothing selfless service that purifies the heart thoroughly and qualifies one for the practice of Bhakti, Dhyana and attain Knowledge. Such Karma Yoga or service done as worship offered to the Lord is represented in the crest by the two hands holding flowers. The Divine Life Society under the inspiration of its saintly Founder, Sri Swami Sivanandaji is propagating this integral Yoga of the fourfold path to enable every type of person to achieve all-round perfection in life. We pray that the Lord might inspire us to engrave this inspiring crest upon the tablets of our heart. May we all strive selflessly to awaken and illumine humanity through this universally applicable Yoga of Synthesis!



Swami Chidananda